Stamps-Argos showdown set

The two teams took their respective division finals Sunday and will battle it out in Toronto for the 100th Grey Cup PAGE 14

‘THIS IS FOR ALL THE HATERS’

JUSTIN BIEBER DEDICATES HIS AMA WIN TO ALL THOSE WHO DESPISE HIM PAGE 9

REGINA metro®

Monday, November 19, 2012

News worth sharing.

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JINGLE ALL THE WAY

Reginans got a glimpse of the big man Sunday as the Southland’s annual Santa parade rolled down Albert Street from 25th Avenue to the Southland Mall. Santa then made an appearance in the mall to meet with kids and spread Christmas cheer. For a photo gallery of the Santa parade, see page 3. JEFF MACKEY/METRO

Getting it done post-tax credit

After being dealt ‘a bad hand,’ the filmmakers behind Bread Thieves got resourceful in financing the Regina-shot crime drama PAGE 2

Gaza fighting intensifies

At least 11 civilians, mostly women and children, were killed after an Israeli missile reduced a two-storey house to rubble in Gaza City PAGE 4

What’s in a name?

Walmart is among the retailers taking the Quebec government to court over the language watchdog’s demand for French names or slogans PAGE 7

Ahh, there’s the rub

The baby massage can be an effective way for new parents to increase their bond and communication with their little one PAGE 11

Get some fire in your belly

The French stew known as pot-au-feu gets an untraditional makeover with flank steak, assorted vegetables and wasabi cream PAGE 12

From left, Derick Mason, Gregory King, Jordan Lee and Jerran Fraser are all actors in the independent film Bread Thieves, set for release sometime in 2013. CONTRIBUTED/B.E.ZEE PRODUCTIONS

Filmmakers get creative after cuts

Saskatchewan Film Employment Tax Credit. Bread Thieves is part of new generation of Sask. films being made without benefit of film tax credit

JEFF MACKEY
jeff.mackey@metronews.ca

"Fate deals you a bad hand, and then you either bluff, or you cheat, or you lose."

This line is from the preview of the independent Saskatchewan film Bread Thieves and it says a lot about the movie and its production.

It finished filming in Regina about three weeks ago and is currently in post-production.

"We honestly were dealt a bad hand," said Dawn Bird, producer of Bread Thieves and a veteran of the Saskatchewan film industry.

Bread Thieves is a gritty crime film filled with action, drugs, money and drama. It is currently set for release sometime in 2013.

The movie is part of a new generation of Saskatchewan films that are being made without the Saskatchewan Film Employment Tax Credit, which was done away with by the provincial government earlier this year.

While many in the local film industry have left Saskatchewan for greener financial pastures, Bread Thieves was created and produced entirely in the province.

"Now that there is no more tax credit available for us, I had to prove that I had the ability and the resources to actually get a film done here," said Bird.

But that is not to say that the removal of the credit didn't affect Bird's productions.

"We actually had another film that we were working on called White, and White was going to be a $150,000 film," said Bird, who had to cancel pre-production on White when the cut was announced because financing was going to become too difficult.

Instead, Bird and her crew made Bread Thieves, a much smaller, $10,000 crime movie that could be financed without the credit.

Bread Thieves has relied on individual contributions from friends and independent investors. To help finance its post-production, the crew created a campaign to collect public donations at indiegogo.com.

The scene of a fatal accident on Sunday north of Regina. CONTRIBUTED/RCMP

Investigation. Fatal collision north of Regina

Saskatchewan RCMP, Regina Fire and EMS responded to a fatal two-vehicle collision on Highway 6 approximately 10 kilometres north of Regina on Sunday.

RCMP say an SUV with one occupant collided with a car with two occupants before 11 a.m.

The 47-year-old female passenger in the car was pronounced dead at the scene. The driver of the SUV and the driver of the car were both treated and released at the scene. A follow up investigation is being completed. METRO

Suspicious death

Man found dead in CP Rail yard, Regina police investigating

The Regina Police Service is conducting a death investigation after the discovery of the body of an adult male in the CP yard near the 2200 block of Dewdney Avenue on Sunday.

Police are treating the case as a suspicious death and have not released the name of the deceased, as the next-of-kin have not yet been notified.

METRO

History

Museum moves to balance budget with fee hike, closings, cuts

A Saskatchewan museum that preserves the history of the Prairies says it's on track to a balanced budget.

The Western Development Museum started off the year with worries that a $465,000 funding gap would put it into the red.

But executive director Joan Champ says measures like an admission-fee hike, cutting unstaffed positions and closing down on Mondays should put the museum in the black this year.

The museum has locations in North Battleford, Yorkton, Saskatoon and Moose Jaw. The average annual attendance at the four Western Development Museum exhibit branches, including school groups, is about 200,000, according to its website.

CKOM/THE CANADIAN PRESS

Hypothermia

Regina man hit by vehicle, left out in cold for hours, say cops

A Regina man is recovering in hospital from serious injuries and hypothermia after police believe he was hit by a vehicle and left outside for several hours.

Police in Regina say they found the 18-year-old man early Saturday morning, but they think he was hit about four hours earlier.

He remains in hospital.

Police are asking anyone who might have information to contact them.

CKRM/THE CANADIAN PRESS

Queen City gets early visit from Kris Kringle

Santa Claus parade attendees were treated to mild temperatures hovering above zero in Regina on Sunday afternoon

JEFF MACKEY
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1 Working overtime.

The Waste Management entry makes its way down Albert Street on Sunday in a garbage truck with occupants waving to the crowds from a dumpster in front.

2 Coffee the snowman.

Parade attendees pose with a coffee-and-doughnut-themed snowman at the parade as they wait to catch a glimpse of Santa Claus.

3 K9 and the Pats pumped for Christmas.

The Regina Pats entry to the parade rolls down Albert Street with K9, the Pats mascot, waving to kids from the sunroof.

4 Caroling in the Queen City.

Kids riding on the Saskatchewan Express Musical Theatre Studio float sing along to Christmas tunes as they roll down Albert Street.

5 Reaching out.

Regina police Chief Troy Hagen hands out treats to kids as the Regina Police Service float passed on by.

6 Sweet wheels.

The Rainbow Cinemas float featuring a stylish vintage truck as well as Rainbow, the Rainbow Cinemas mascot, and Sleepy Bear, the Travel Lodge mascot.

Eleven civilians killed in fierce Israeli attack on Gaza City

Escalating conflict. It was the single deadliest incident of the five-day Israeli operation, say Gaza medics

An Israeli missile flattened a two-storey house in a residential neighbourhood of Gaza City on Sunday, killing at least 11 civilians, mostly women and children, Palestinian medical officials said, as Israel expanded a military offensive to target homes of wanted militants.

The attack, which Israel said targeted a militant, was the single deadliest incident of the five-day-old Israeli operation and hiked a toll Sunday that was already the highest number of civilians killed in one day, according to Gaza medics.

The bloodshed is likely to raise international pressure for a ceasefire, with Egypt taking the leading role in mediating between Israel and Hamas.

U.S. President Barack Obama said he had been in touch with the leaders of Israel, Egypt and Turkey in an effort to halt the fighting. "We're going to have to see what kind of progress we can make in the next 24, 36, 48 hours," he said.

Obama cautioned against a potential Israeli ground invasion into Gaza, warning it could only deepen the death toll. At the same time, he blamed Palestinian militants for starting the round of fighting by raining rockets onto Israel, and he defended Israel's right to defend itself.

"Israel has every right to expect that it does not have missiles fired into its territory," Obama said in Thailand at the start of a three-nation tour in Asia.

An Israeli envoy arrived in Cairo on Sunday and held talks with Egyptian officials on a ceasefire, according to Egyptian security officials and Nabil Shaath, a top aide of Palestinian President Mahmoud Abbas, who was in the Egyptian capital.

But Israel and Gaza's militant Hamas rulers remain far apart on any terms for a halt in the bloodshed, which has killed 70 Palestinians — including 36 civilians, according to Gaza health officials — and three Israeli civilians.

Hamas is linking a truce deal to a complete lifting of the border blockade on Gaza imposed since Islamists seized the territory by force. Hamas also seeks Israeli guarantees to halt targeted killings of its leaders and military commanders. Israeli officials reject such demands. They say they are not interested in a "time-out," and want firm guarantees that militant rocket fire into Israel will finally end. Past ceasefires have been short lived.

As the offensive moved forward, Israel found itself at a crossroads — on the cusp of launching a ground offensive into Gaza to strike an even tougher blow against Hamas, or pursuing Egyptian-led truce efforts.

"The Israeli military is prepared to significantly expand the operation," Israeli Prime Minister Benjamin Netanyahu declared at the start of the weekly Cabinet meeting.

At the same time, Gaza militants continued their barrage of rocket fire at Israel, firing more than 100, including two at Tel Aviv. More than 10 Israelis were injured by shrapnel, two moderately, according to police spokesman Mickey Rosenfeld.

Israel's "Iron Dome" rocket-defence system shot down at least 30 rockets, including the ones aimed at Tel Aviv.

Israel's announcement Sunday that it was widening its campaign to target homes of militants appeared to mark a new and risky phase of the operation, given the likelihood of civilian casualties in the densely populated territory of 1.5 million Palestinians.

Israel launched the offensive Wednesday in a bid to end months of intensifying rocket fire from the Hamas-ruled Gaza Strip.

THE ASSOCIATED PRESS

Bloodshed

Women and young children have been killed in the relentless Israeli attack — the worst in this round of fighting.

- Rescuers pulled the bodies of several children from the ruins of a house, including a toddler and a five-year-old, as survivors and bystanders screamed in grief. Later, the bodies of the children were laid out in the morgue of Gaza City's Shifa Hospital. Among the 11 dead were four small children and five women, including an 80-year-old.

Palestinians run to take cover during an Israeli air strike on a building in Gaza City on Sunday. ADEL HANA/THE ASSOCIATED PRESS

Quoted

"The Israeli military is prepared to significantly expand the operation."

Israeli Prime Minister Benjamin Netanyahu

Syrian gunfire draws shelling from Israel

A rebel fighter shoots his weapon through a hole in the wall during clashes with Syrian army forces in the town of Harem on the outskirts of Idlib, Syria, Saturday. Israel shelled Syrian fighters after gunfire spilled over to the Israel-controlled Golan Heights. KHALIL HAMRA/THE ASSOCIATED PRESS

Israel shelled Syrian fighters after gunfire from their civil war spilled over to the Israel-controlled Golan Heights, the military said Sunday, as the conflict appeared to inch closer to the Jewish state.

The civil war in Syria has renewed tensions in the Golan Heights, a strategic plateau that Israel captured from Syria in the 1967 war. Despite constant hostility between the two countries, Syria has been careful to keep the border quiet since the 1973 Mideast war.

In recent days, Israeli troops have fired into Syria twice before, responding to what appeared to be stray mortar shells exploding in Israel-held territory. On Sunday, an Israeli military spokesman said soldiers fired artillery toward the source of gunfire late Saturday night.

Speaking on condition of anonymity according to protocol, the spokesman said the military identified a hit. He did not know if the targets were Syrian rebels fighting to topple President Bashar Assad or forces loyal to him.

Syrian shells have exploded inside the Israel-held Golan Heights several times in recent weeks, damaging apple orchards, sparking fires and spreading some panic but causing no injuries.

Though the two nations have been bitter enemies, Israel is concerned that if the Assad regime is toppled, Syria could fall into the hands of Islamic extremists.

While it is widely believed that Assad does not want to pick a fight with Israel, some in Israel warn that if his situation becomes desperate, the embattled Syrian leader might try to draw Israel into the fighting as a distraction. THE ASSOCIATED PRESS

Syrian uprising

- **Ruthless killing.** Fighting has raged nationwide over the weekend, killing at least 108 people on Saturday alone, according to activists.
- **Death toll .** More than 36,000 people have been killed since the Syrian uprising began in March 2011.

France

Gay-rights group goes topless

The controversial Ukrainian group Femen, whose topless members stage pranks to support gay rights, have taunted a march in Paris by Catholics who oppose France's draft law to legalize gay marriage.

The Catholic group Civitas organized Sunday's march.

Thousands of people carried pro-family banners, prompting several anti-gay-marriage protesters to hit the Femen members. The activists turned up topless and chanted "in gay we trust."

Thousands took to the streets in France Saturday to protest the draft law that could see marriage and adoption legalized for homosexual couples next year.

THE ASSOCIATED PRESS

Brutal clashes

Rwandan rebel group advances on Congolese territory

A Rwandan-backed rebel group advanced to within three kilometres of Goma, a crucial provincial capital in eastern Congo, marking the first time that rebels have come this close since 2008.

Congolese army spokesman Col. Olivier Hamuli said the fighting has been going on since 6 a.m. local time Sunday and the front line has moved to just a few kilometres outside the city. After more than nine hours of violent clashes the two sides took a break, with M23 rebels establishing a checkpoint just 100 metres outside the Goma city line.

THE ASSOCIATED PRESS

Conflict in Middle East

Israeli attacks on Gaza news outlets condemned

Reporters Without Borders has condemned Israeli missile attacks on two media centres in Gaza that wounded six Palestinian journalists and damaged the equipment of foreign media outlets.

Sunday's attacks on the two high-rise buildings damaged offices of the Hamas TV station, Al Aqsa, and a Lebanese-based broadcaster, Al Quds TV, seen as sympathetic to the Islamists.

Germany's public broadcaster ARD, Russia Today, a state TV network that broadcasts in English, and Sky News Arabia said they lost equipment in the attacks.

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Rescue efforts. At least 2 dead, several seriously injured in plane crashes

Separate plane crashes on the Prairies claimed at least two lives on Sunday, while efforts continued to get a number of people who were aboard one of the planes to safety.

Authorities said a Cessna 208 Caravan went down in a remote area about 10 kilometres east of the airport in Snow Lake, Man., about 700 kilometres north of Winnipeg.

Police said early reports were that one person had died in that crash and that seven others were injured, some seriously.

Rescue crews have been using snowmobiles to reach the scene, but police say the effort to get the injured people has been difficult.

However, they also say they managed to get all those who were injured to the medical centre in Snow Lake.

A separate crash in northern Alberta on Saturday evening, meanwhile, killed a 52-year-old man who police say was the pilot and lone occupant of the aircraft. THE CANADIAN PRESS

Factory women. Workers exposed to toxic chemicals face cancer risk: Study

Women in Windsor's plastic automotive parts factories have complained of pungent fumes and dust that caused nosebleeds, headaches, nausea and dizziness. Some spoke of smouldering blobs of plastic dumped directly onto the floor near where they worked.

"People were getting sick, but you never really thought about the plastic itself," said Gina DeSantis, who has worked at a plant near Windsor.

Now, a new academic study appears to confirm their fears, showing profoundly elevated breast cancer risks among workers exposed to toxic chemicals. TORSTAR NEWS SERVICE

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Defence Minister Peter MacKay fields questions at the end of the Halifax International Security Forum on Sunday. Delegates discussed pressing security issues, including the impact of the American presidential election, the turmoil in Syria, cyber-security and modern warfare. ANDREW VAUGHAN/THE CANADIAN PRESS

MacKay calls on Russia to exert influence in violent Syrian conflict

Call to action.
Ongoing threat of war in the Middle East at forefront of global forum of 300 delegates from 50 countries

Staying focused

"I think Syria is something we can't take our eyes off, in spite of what may be going on right now in Israel."

Defence Minister Peter MacKay on the continuing violence inflicted by the Assad regime in Syria.

Defence Minister Peter MacKay called on Russia on Sunday to exert influence to end the Syrian civil war, accusing Russia of standing on the sidelines while Syria is "coming apart at the seams."

MacKay told a press conference at the Halifax International Security Forum that Russia — one of Syria's most important allies — should use its weight to end the conflict.

"We know in Syria there are countries like Russia that could be far more proactive, who could exert considerable influence and use their weight with (Syrian President Bashar Assad's) regime to end the violence," MacKay said just after giving his closing remarks at the three-day conference.

"If Russia truly wants to be embraced as a democratic, productive member of the world community, this is a time for them to show the right stuff."

Russia has backed Syria at the United Nations Security Council by repeatedly vetoing resolutions aimed at pressuring the Syrian government to end the war.

MacKay said Prime Minister Stephen Harper has recently met with Russian President Vladimir Putin, but did not go into the details of the discussion.

On Saturday, U.S. Sen. John McCain told the security conference that he was "ashamed" as an American over the U.S. non-action in Syria.

MacKay reiterated Sunday that Canada has no plans for a military intervention in Syria.

"I ... believe that there is still further diplomatic paths we can pursue. I think a military intervention is always a last resort," said MacKay. THE CANADIAN PRESS

Vets come forward with care complaints

Articles about complaints of substandard care at Canada's largest facility for war veterans have prompted several more people to come forward with stories of neglect.

Some involved injuries to the frail elderly, who live out their last days and months at Sunnybrook Veterans Centre in Toronto.

John Marriott said his family was appalled this spring when they found his ailing 96-year-old father-in-law with a bloody mouth, and discovered his front tooth had been knocked out. Sunnybrook's explanation, he said, was that the virtually immobile man had somehow wriggled his way out of bed and fallen.

"We've been so traumatized by all of this," Marriott said. "It's like One Flew over the Cuckoo's Nest."

The other side

One worker at the hospital said most nurses are caring and do their best but there are too few staff to look after the extremely frail patients.

The new complaints, as was the case previously, come mostly from part of the 500-bed vets centre that houses the most infirm vets rather than the part which resembles a pleasant retirement lodge.

Some, fearing reprisals, agreed to speak only on condition of strict anonymity, making it difficult to verify their accounts. THE CANADIAN PRESS

Retail giants challenge French naming demands

Quebec. Language watchdog orders move to French names or slogans for retailers

Several major retailers are taking the Quebec government to court over the provincial language watchdog's insistence they modify their commercial brand names to include some French.

The six retailers are some of the biggest names in North America — Walmart, Best Buy, Costco, Gap, Old Navy and Guess. Their lawyers are expected in Quebec Superior Court on Thursday.

Quebec's language watchdog, the Office Quebecois de la Langue Francaise (OQLF), wants the retailers to change their signs to either give themselves a generic French name or add a slogan or explanation that reflects what it is they're selling.

For example, Walmart, a household name on the retail scene that doesn't really have a French equivalent, could change its signs to "Le Magasin Walmart."

Gap is one of six major retailers protesting the Quebec language watchdog's insistence on French names or slogans. DIMAS ARDIAN/GETTY IMAGES FILE

But retailers say the language laws have not formally been changed and they will ask the courts to decide whether the language office has the right to make new demands.

According to Section 63 of Quebec's French Language Charter, the name of a business must be in French. But it hasn't generally been applied to trademarked names.

Nathalie St-Pierre, vice-president for the Retail Council of Canada's Quebec branch, says the province wants to change the rules without having modified the law.

St-Pierre says the six have complied with the rest of Quebec's requirements for many years. She says they're now being forced to comply with a new interpretation of an old law.

And she questions the point of the whole battle.

"You know the brand, you know the colours, you know the sign," St-Pierre said of the famous company logos.

"There are brands that stand on their own and need no description."

In an online video, OQLF head Louise Marchand called the situation worrisome.

"Displaying the name of the company in French is a show of respect for the law," Marchand says. THE CANADIAN PRESS

Early adopters

Some companies have voluntarily changed their signs over the years:

- **Kentucky Fried Chicken** is known in Quebec as Poulet Frit Kentucky.
- **Second Cup,** after FLQ fire bombings, became Les Cafés Second Cup
- **Starbucks** is known as Café Starbucks Coffee

Shopping. Stores bank on Black Friday going mainstream in Canada

The Canadian holiday-shopping season is looking decidedly more American this year as retailers schedule a rush of Black Friday events in hope that consumers will shop at home, rather than south of the border.

Black Friday, widely considered the busiest shopping day of the year, is timed to Thanksgiving in the U.S. It may just be a random November day for Canadians, but shoppers are increasingly buying into Black Friday and Cyber Monday, when online retailers hold their sales.

A CIBC poll conducted by Harris/Decima released Monday suggests nearly one in 10 of the 1,000 Canadian respondents plan on making a purchase during the sales period — suggesting that millions of Canadians will be shopping for holiday deals this weekend.

Many Canadian retailers have jumped on the trend as a new way to angle a promotion, says Mark Satov, founder of management-consulting firm Satov Consultants Inc.

"You're creating the impression that everything is on sale, and when consumers get there, everything doesn't have to be on sale, but they're there anyway, so they're going to buy."

Canadians may be warming to U.S. traditions. In this file photo, people shop at Times Square's Toys "R" Us. HIROKO MASUIKE/GETTY IMAGES FILE

But Canada's version of Black Friday won't be everything it's hyped to be, some suggest.

"It's a myth," says retail consultant Jim Danahy of CustomerLAB. "Stores are not bringing merchandise in any sooner than they were before. They are not changing their promotional calendars. It is simply the super-imposition of a term that exists in the United States here." THE CANADIAN PRESS

Tummy-Tuck Duck and Skinny Minnie

A pin-thin Daisy Duck and Minnie Mouse strut down a Paris runway in a new commercial for Barneys New York's upcoming holiday window display. The ad is drawing criticism from celebrities and consumers alike in the U.S., who say the commercial gives girls the wrong ideas about body image. SCREENSHOT/YOUTUBE.COM

Console wars

Wii U arrives amid new competition

In the six years since the last major video-game system launched, Apple unveiled the iPhone and the iPad, Angry Birds invaded smartphones and Facebook reached a billion users. In the process, scores of video-game consoles were left to languish in living rooms alongside dusty VCRs and disc players.

On Sunday, Nintendo Co. is launching the Wii U, a game machine designed to appeal both to the original Wii's casual audience and hardcore gamers. Just like the Wii U's predecessor, which has sold nearly 100 million units worldwide since 2006, the new console's intended audience "truly is five to 95," says Reggie Fils-Aime, the president of Nintendo of America.

But the Wii U arrives in a new world. In the age of a million gadgets and lean wallets, the storied game company faces a new challenge: Convincing people that they need a new video-game system rather than, say, a new iPad.

"Nintendo has to be a cut above the noise here," says Ben Bajarin, a principal analyst at Creative Strategies who covers gaming. THE ASSOCIATED PRESS

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SMOKING STATISTICS TOUGH TO INHALE

URBAN COMPASS
Paul Sullivan
regina@metronews.ca

What does it take?

That's the question you have to ask yourself after the Metro story headlining the fact that Canada's cigarette labels are among the best in the world.

Or is that the worst? Gruesome photos of people eaten alive by cancer take up 75 per cent of cigarette packages, and now other forms of tobacco such as roll-your-own, smokeless and water-pipe tobacco.

Labelling not enough

"So while Canada is doing a pretty good job on scary cigarette packaging, ranking fourth in the world, according to the Canadian Cancer Society, it's obviously not good enough."

After looking at the graphic photo of what smoking did to Bryan, for example, I find it inconceivable that anyone would ever smoke again, never mind actually pay more than $10 for a package of cigarettes.

It's like buying a bottle of poison with a giant picture of skull and crossbones on it, unscrewing the cap and chugging the contents.

So while Canada is doing a pretty good job on scary cigarette packaging, ranking fourth in the world, according to the Canadian Cancer Society, it's obviously not good enough. Especially in Saskatchewan, which, Statistics Canada says, has the highest youth smoking rate in the country nine years running.

And it's by a wide margin. The national average is 12 per cent for 15- to 19-year-olds; in Saskatchewan that number is 20 per cent.

Generally, the cancer death rate is down across the country. From 1988 to 2007, the rate dropped 21 per cent for men and nine per cent for women, but it's still our number 1 killer.

And 20 per cent of the next generation in this province are eagerly subtracting at least nine years from their life expectancy.

So, what does it take? An outright ban, which has never worked for any kind of drug, never mind one that's already legal? Or imposing a ban in increments, which is going on right now across the country? In Saskatoon, Mayor Don Atchison has gone on record as supporting a ban at children's playgrounds and sports fields.

What, you can smoke at a children's playground? So that's where kids pick up the idea …

Smoking rates have fallen or stabilized among adults, both men and women, but as this province's youth smoking rates show, it's a tenacious as well as deadly bad habit.

Full disclosure: I was once a dumb teenager. I started smoking at 16 and didn't quit until I was 27. Now, a few (OK, quite a few) years later, though I go for a run every day, I'm still enjoying its legacy: A lingering case of asthma.

Back then, no one could tell me anything, either. No matter how scary.

President takes enlightening trip

CAROLYN KASTER/THE ASSOCIATED PRESS

Leaning statue of Buddha

Obama kicks off three-day Asia tour

U.S. President Barack Obama and U.S. Secretary of State Hillary Rodham Clinton tour the Wat Pho Royal Monastery with Chaokun Suthee Thammanuwat, a member of the temple, in Bangkok, Thailand, on Sunday.

The Temple of Reclining Buddha, formally known as Wat Pho, was the first stop on Obama's Asian tour that will also take him to Myanmar and Cambodia.

Obama arrived at the temple, one of Thailand's most famous temple compounds, to marvel at its centerpiece — a gigantic, golden statue of a reclining Buddha propped up on one elbow before passing into nirvana.

The visit was meant to give Obama a taste of Bangkok. Visits to see the king and the Thai prime minister were saved for later.

But one thing Obama did not get to see as he sped through Bangkok was the city's infamous traffic jams.

All roads leading to Wat Pho and his other destinations were blocked and cleared of cars as part of security measures that included bomb squads and shutting the temple to the public hours in advance.

THE ASSOCIATED PRESS

Changing times

"This is not an endorsement of the government.... This is an acknowledgement that there is a process under way inside that country that even a year and a half, two years ago, nobody foresaw."

U.S. President Barack Obama
on Sunday, before embarking on his landmark trip to Myanmar. He was attempting to assure critics that his visit was not a premature reward for a long-isolated nation still easing its way toward democracy.

Post-election trip

1st

Obama was set to become the first U.S. president to visit Myanmar, with Air Force One scheduled to touch down in Yangon on Monday morning. Though Obama planned to spend just six hours in the country, the much-anticipated stop came as the result of a remarkable turnaround in Myanmar's relationship with the U.S. For his first post-election trip, he tellingly settled on Asia, a region he has deemed as crucial to America's prosperity and security.

Online

For the latest on Obama's Myanmar trip, visit metronews.ca

Oh baby

Woman stopped for speeding gives birth on side of road

A police officer who pulled over a pregnant woman for allegedly speeding west of Kingston, Ont., Sunday morning ended up helping deliver her baby on the side of the road.

Police say the driver from Stirling-Rawdon Township was in labour and racing to hospital when the officer stopped her vehicle in Belleville, Ont., around 4:30 a.m.

With the officer's help, the woman gave birth to a baby boy by the road, right in front of a grocery store.

Police say both mother and child were transported to hospital and are doing well.

CJBQ/THE CANADIAN PRESS

Metropolitan Panel

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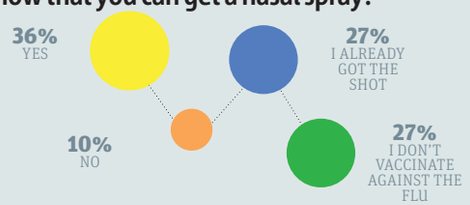
Are you more likely to get the flu vaccine now that you can get a nasal spray?



Twitter

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Hello Regina. Its been a while. Ready to get this party started. #yqr #agribition

@MelKeez:
I found my breeder!!!! In about two-three years I'll be making a trip out to sask to pick up my little Porter #valleybulldog #millan #love

@brookiebee95:
2am Timmies run...Happy to discover Tims is just as good in sask as it is in bc. #sold

@RogerMcComas:
Gene Makowsky speaks in Spiritwood Saskatchewan. Great guy!! #RiderNation . #Sask Party

@BigMac449:
Got some winter gear today! Getting ready for running in Sask! Gonna get chilly out there

metro
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Nicki Minaj just in it for the music, not the awards

AMAs. Justin Bieber wins first award of the night; performances included Usher, No Doubt and Canada's Carly Rae Jepsen

Exclusively online

For more shots of entertainers from the show and a full list of the winners, visit metronews.ca/scene.

Justin Bieber is thanking his haters.

The 18-year-old won favourite pop/rock male artist in the first award handed out at Sunday's American Music Awards and gave a shout-out to those who didn't think he would last on the music scene.

"I want to say this is for all the haters who (said) that I was just here for one or two years. I feel like I'm going to be here for a very long time," he said, also thanking his mom, manager, family and his "beautiful, beautiful fans."

Nicki Minaj was also a consecutive winner, picking up her second trophy for favourite rap/hip-hop album for Pink Friday: Roman Reloaded.

Minaj was a blonde bombshell. Her hair was busy and full of volume and she sported a neon strapless gown.

Along with Rihanna, Minaj was the top nominee with four nominations.

"I don't do music for awards," the 29-year-old said in an interview. "It's so crazy because people always have to remind me that I'm nominated for an award when I go to award shows.

"I know they're going to come. I'm sitting here looking at my awards right now," she continued with a laugh. "I never stress it. I think of myself as 'I'll have a career long enough to get all those different awards.'

"(But) I'm really going there to perform Freedom," Minaj said of her new single. "I'm very, very proud of the record and I'm happy that people are going to get to hear it."

Other multiple nominees included Usher, Bieber, Drake, Maroon 5 and One Direction, who had three nods each. Perry, Underwood, Brown, Clarkson, Pitbull, fun., Gotye, J. Cole and Luke Bryan were all double nominees.

Usher kicked off the three-hour show with green laser lights beaming onstage as he performed a medley of songs, including Numb, Climax and Can't Stop, Won't Stop, which featured a smoky floor and a number of backup dancers, as Usher jammed in all black, with the exception of his red shoes.

The 40th anniversary show also included the tribute to Dick Clark, its creator.

"Dick changed the face of music back in the late '50s," producer Larry Klein said. "Dick is the one who made rock 'n' roll acceptable to come into people's homes... We're paying tribute to Dick because of the legacy that he's left everybody and also the creativity of what he did on this show."

THE ASSOCIATED PRESS

Carly Rae Jepsen, of Call Me Maybe fame, at the show. GETTY IMAGES

Usher kicked off the awards with the first performance of the night. GETTY IMAGES

While Nicki Minaj tied only with Rihanna for most nominations at the awards show, she was nonchalant when it came to winning, saying she just wanted to perform her new single Freedom. GETTY IMAGES

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Bieber pulls a Romeo outside Gomez's gate... but with swear words?

Justin Bieber certainly seems to be trying to patch things up with Selena Gomez following their split two weeks ago — but it might be no use. After being spotted sneaking into the Four Seasons Hotel in Beverly Hills together Friday afternoon, the pair reportedly hit up Japanese restaurant Yamato in Encino, Calif. That outing, though, didn't go so well, according to Us Weekly. "They had just sat down and didn't order anything when they started to fight. Ten minutes later, they stormed out without speaking and she drove off in her car," a source says, adding that Bieber followed her to her home but couldn't make it past her gated driveway. He reportedly started yelling her name over the fence and began "swearing and yelling and lost his temper" when he realized he was being photographed.

Justin Bieber

ALL PHOTOS GETTY IMAGES

But all is not apparently lost just yet, as Bieber's car was spotted still parked outside of Gomez's house the next day. But that night, Gomez stepped out with gal pal Taylor Swift, who knows a thing or two about dealing with breakups.

Britney Spears

Britney may have her hooks in a little too deep for fiancé's liking

Trouble may be brewing between Britney Spears and fiancé Jason Trawick, according to Us Weekly. Sources say that Spears has become something of a nag and makes Trawick "check in with her" and it's driving him crazy. A source adds that Trawick will "put her on speakerphone so friends can hear her nagging." Spears' reps, though, say there's no truth to the story, calling it fabricated.

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word

Rihanna Unapologetic about her Cockiness

Rihanna opened her show in Paris on Saturday, just as in Stockholm on Friday, with Cockiness — which is a fitting kickoff song, and it seems like the perfect way to describe her attitude while promoting her new album, Unapologetic (a title which is also in line with her current attitude).

The Paris gig at the beautiful Le Trianon theatre was a short one — only about 45 minutes due to an early curfew. However, the after-show party at exclusive club VIP on Champs Elysées did not disappoint. When the singer arrived around 3 a.m., she was joined by an entourage that included P. Diddy, Pharrell Williams, Omarion and Akon.

"We are here for Rihanna," P. Diddy announced, "and she has a wish. Only hip-hop!"

The music changed instantly and the party got started.

Guitarist Nuno Bettencourt first made his name in the Boston rock group Extreme, but for the past three years he has been Rihanna's go-to guitarist. He says he enjoys playing the more intimate gigs on this tour.

"I definitely see another side of her on stage," he told me on the plane yesterday. "Tours tend to be overly choreographed. It's not just the dancing, but where you walk and when to talk to the audience. Now I've seen her free to say exactly what she wants — even though it isn't completely fit for children's ears."

METRO'S KATARINA MATSSON HAS FOLLOWED RIHANNA ON HER JET DURING THE PARTIES AND PERFORMANCES OF HER 777 TOUR. MATSSON HAS BEEN ONE OF THE FEW REPORTERS ALLOWED ON THE PLANE.

Taylor Swift

Dear Taylor: Swift serving as resident love doctor for Seventeen

With an impressive number of failed romances under her belt — and the songs of heartbreak to prove it — Taylor Swift might be the last person you'd want to listen to for relationship advice, but Seventeen magazine is letting her do just that. Swift is serving as a guest advice columnist for the magazine's December issue. "Remember that people have to fall in love with you because they want to, not because you want them to," Swift writes. "Don't chance ruining your friendship by chasing him before he's ready. You just have to wait for him to turn it into something more, if and when he wants to."

Joe Simpson

Simpson sees his day of sentencing

Joe Simpson had his day in court last week, pleading not guilty to two charges of driving under the influence stemming from his Aug. 4 arrest, according to E! News. Despite the plea, Simpson was sentenced to 36 months of probation and fined $390 plus penalties. He was also ordered to complete a three-month alcohol education program.

Twitter

@WhitneyCummings
I think someone needs to tell the Victorias Secret fashion show about porn

@iJasonAlexander
I have filled the basement with Twinkies and Wonder Bread. They will probably outlive me. I am ready for the End Times now.

@msleamichele
Ok so Ringo Starr just walked passed me at the recording studio and said hi to me. What?!?!

@GarryShandling
If you're head of the CIA and can't hide an extramarital affair it means it can't be done. Case closed, fellas.

Travel etiquette

Grooming grief

IT'S ALL RELATIVE
Kathy Buckworth,
kathybuckworth.com

Imagine sitting at a restaurant and the person next to you starts cutting his or her nails. It would be exceptional, yet it isn't uncommon to witness a fellow passenger doing this on an airplane, where you are seated considerably closer to them.

Don't be that person. In fact, don't do anything with your nails — polishing, unpolishing, clipping, or biting. Particularly if they aren't your fingernails. Got a pimple or anything else you feel the need to squeeze? Leave it alone until you're in the bathroom, please. Something stuck in your teeth? Flossing and picking them in your seat is a definite no-no. Sprays of any kind (hair, perfume, spritzers) always have collateral damage. Feel a desperate need to brush yours (or your child's) hair? Don't do it. Refrain from putting on makeup, beyond a slash of lipstick.

Lastly? The pull down tray in front of you is not a baby's change table.

Emergency or not, change your baby in private. ISTOCK

Exclusively online

Baby, it's cold outside. And is that green stuff oozing out of your nose? Cue hysterical WebMD surfing and an exponential increase in number of orders barked at Daddy. Follow along with the comedic (mis) adventures of mommyhood online with Reasons Mommy Drinks at metronews.ca/voices.

Massage rubbing off on parents looking to bond with their babes

Touch therapy. Take a little bit of time to help your little one relax — it has plenty of health benefits

DOROTHY ROBINSON
life@metronews.ca

Spending just a few minutes each day massaging your baby can help to increase the bond, interaction and communication between the two of you. But how do you start? Tina Allen, an internationally respected educator, author and expert in the field of infant and pediatric massage therapy, shares her advice.

1. Choose the best time and place. Creating the best environment for massage is an ideal way to give yourself and baby time to relax. Choose a familiar place that is warm, quiet and with few distractions. The best time for massage is when baby is awake, healthy and happy. Some babies prefer the morning, while others prefer the afternoon or before bedtime.

2. Be comfortable. Relax, enjoy and have fun. Position yourself so that you are comfortable. Be sure baby is safe and placed on a soft area. Keep in mind that babies roll and become slippery when using oil. Be sure your hands are warm and clean before you begin.

3. Consider a massage oil. While it is not required, using oil can help make massages more enjoyable for some babies and parents.

Olive oil and grapeseed oil are some of the best choices for infant massages. However, if you choose to use lotions, be sure to choose a nontoxic option, like Seventh Generation baby lotion, which contains olive oil as a main ingredient.

4. Listen in. Infant massages can be a wonderful tool for increasing your communication. Massage is not something that parents do to their baby, but rather with their little one. Listen to your baby. He or she will give you the signals to let you know his or her comfort level.

5. Know when not to massage. Never provide massage when your baby isn't receptive to it (when sleeping, crying or fussy).

Avoid massage when your infant is ill, has a fever or infection, or if your little one has broken skin, a rash or bruising. Wait at least 48 to 72 hours following immunizations, and for a tummy massage, wait 30 minutes after eating. If your child has any special health care needs, seek further guidance as to what would be the safest approach to use.

Benefits for baby

Here's how a massage can help your youngster.

- Encourages healthy weight gain
- Increases brain development and growth
- Stimulates all systems of the body
- Aids in digestion
- Eases discomforts associated with gas, constipation and congestion

The key to the baby massage? Relax, enjoy and have fun. ISTOCK

Read metro your money every Tuesday for financial tips, trends and advice.

Only in Metro. News worth sharing.

Fire up your weeknight with a quick and easy Pot au Feu

This Pot au Feu takes 40 minutes and serves four. THE ASSOCIATED PRESS

Here is an untraditional weeknight version of the French stew known as Pot au Feu.

1. In a large saucepan over medium-high heat, combine the broth, carrots, parsnips, turnips, leek, garlic, thyme sprig and bay leaf. Bring to a boil and simmer for 15 to 18 minutes, or until the vegetables are tender. Meanwhile, in a large skillet over high, heat the oil. Season the steak with salt and pepper.

2. When the oil in the skillet is hot, reduce the heat to medium-high and add the steak. Sauté until well browned on both sides and medium-rare at the centre, 8 to 10 minutes total. Transfer beef to a plate, cover loosely with foil, and let rest 5 minutes. After 5 minutes, thinly slice beef against grain.

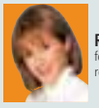
3. In a small bowl, stir together the yogurt, wasabi and any juices from the beef plate. Season with salt and pepper. Discard the thyme sprig and bay leaf, then divide the vegetables and broth among four soup bowls. Arrange a quarter of the steak in the centre of each bowl and top portions with a spoonful of wasabi cream and a sprinkle of chives. THE ASSOCIATED PRESS

Ingredients

- 6 cups low-sodium chicken broth
- 2 medium carrots peeled and sliced 1/2 inch thick
- 2 medium parsnips peeled and sliced 1/2 inch thick
- 2 small turnips peeled, quartered and sliced 1/2 inch thick
- 1 medium leek, white part only, halved lengthwise, sliced 1/2 inch thick and rinsed well
- 2 cloves garlic, minced
- 1 sprig fresh thyme (or 1 teaspoon dried)
- 1 bay leaf (Turkish)
- 2 teaspoons olive oil
- 1 pound flank steak
- Kosher salt and ground black pepper
- 1/3 cup fat-free plain Greek yogurt
- 1 teaspoon prepared wasabi
- Chopped fresh chives or parsley

Healthy eating

Choose it and lose it



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for more, visit rosereisman.com

The Keg is a well-known steak house, but that doesn't mean everything on its menu is healthy. Watch out for the enormous amounts of calories and sodium in some of its items.

Prime rib (10 oz) with mushrooms, jus, horseradish, and frizzled onions

1,050 calories / 59 g fat / 2,543 mg sodium

Prime rib is the one cut that is the most damaging to your health. It's marbled with fat throughout and half the calories come from fat. The sodium is high due to the au jus giving you 1 ½ day's worth.

Equivalent

Equivalent to 10 tbsp of butter in calories

Sirloin steak (12 oz) with vegetables

511 calories / 22 g fat / 651 mg sodium

The Sirloin does not have fat marbled throughout and you can trim the outside fat, making this a healthier cut. It's even 2 ounces more in weight and yet surpasses the prime rib in nutrients.

Pull flank on complex recipes with overlooked cut of beef

Flank steaks are lean cuts from the rear side of the cow and are characterized by rich, deep beefy flavour and a slightly chewy texture. For the weeknight home cook, flank steaks are the perfect cut. They can be tossed with a marinade the night before and left in the refrigerator until dinner. And they cook in just minutes on the grill or under the broiler.

1. In a blender, combine the vinegar, garlic, peppercorns and 1 teaspoon of kosher salt. Blend for 20 seconds, then transfer to a wide, shallow bowl.

2. Add the steak to the marinade, turning to coat. Refrigerate for at least 30 minutes. When ready to cook, heat the broiler with a rack 6 inches from the heat. Line a rimmed baking sheet with foil, then coat it lightly with cooking spray.

This flank steak dish takes 30 minutes and serves four. THE ASSOCIATED PRESS

3. Cut each pear half into 4 slices, then arrange them on one half of the prepared baking sheet.

4. Remove the steak from the marinade and set it on the other half of the sheet. Broil everything for 5 minutes, then use tongs to flip the steak and pears. Broil for another 5 minutes for medium-rare.

5. Let the steaks rest for 10 minutes, then cut into thin slices against the grain. Divide the slices between 4 serving plates, then top each with pear slices.

6. Top each serving with a bit of crumbled blue cheese.

THE ASSOCIATED PRESS

Ingredients

- 1/4 cup balsamic vinegar
- 2 cloves garlic
- 1 tablespoon black peppercorns
- Kosher salt
- 1 1/2 pounds flank steak
- 2 pears, peeled, halved and cored
- Crumbled blue cheese, for topping

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Bourbon Java Steak Tips.

Instant coffee may not be good in a mug, but does wonders on a dinner plate

While instant coffee is not everyone's favourite jolt to wake up to, it can effortlessly add tons of depth and flavour at the dinner table.

1. In a blender, combine the bourbon, brown sugar, coffee granules, soy sauce, garlic and ginger. Purée until smooth, then transfer to a large zip-close plastic bag. Add the steak tips to the bag, close the bag, then turn to coat the meat with the marinade. Refrigerate at least 1 hour and up to overnight.

2. When ready, heat the broiler with an oven rack 6 inches from the heat. Remove the steak tips from the bag. Add the onions to the bag, close, then turn to coat. Transfer the onions and the marinade to a large roasting pan.

3. Set the onions under the broiler and cook for 3 to 4 minutes. Remove the pan from the heat, set the steak tips over the onions, then return to the broiler. Broil for 5 to 6 minutes, then turn the tips and broil for another 5 to 6 minutes. Let the meat rest for several minutes, then serve with onions spooned over them.

THE ASSOCIATED PRESS

Ingredients

- 1 cup bourbon
- 1/2 cup packed brown sugar
- 1/4 cup instant coffee granules
- 1/4 cup soy sauce
- 4 cloves garlic
- 1-inch chunk fresh ginger
- 2 pounds sirloin steak tips
- 3 large yellow onions, chopped

‘This is my hobby gone wild’

Nothing to wine about. Up-and-coming urban winery winning praise in unlikely zone

When you picture a winery, you might imagine a rustic building nestled among breezy rows of grapes, not a cinder block bunker squeezed between a rail switching yard and an urban highway.

But the gritty industrial zone that Pacific Breeze winery calls home, with its tangle of transportation lines, chain link fences and blacktop, hasn’t stopped this urban winery from scoring a string of top awards only a few years after being launched by a couple of amateur winemakers.

“This is my hobby gone wild,” said Pacific Breeze co-owner Maurice Hamilton, who founded the winery in 2005 with his partner, Frank Gregus, after the two met at a wine club in Coquitlam, B.C.

Hamilton, who still works at his original job selling dental supplies, and Gregus, a former Pepsi salesman, have no formal training in making wine, but between them claim more than 50 years of experience producing wine in their garages and basements. Running a commercial winery was only a dream, until Hamilton visited Woodinville, Wash., where he found small wineries operating without vineyards.

Maurice Hamilton, left, and Frank Gregus raise a glass at their winery in an industrial area of New Westminster, B.C. DARRYL DYCK/THE CANADIAN PRESS

“It gave me the idea I don’t have to grow grapes to have a winery. So that was really the a-hah moment, the revelation that, wait a minute, I can do this,” he said, envisioning a stand-alone winery. He pitched the idea to Gregus, who was quickly on board.

Cheers!

“Virtually everything we put in won best in its class. We were really proud of that.”

Maurice Hamilton
Pacific Breeze co-owner

“You put two entrepreneurial salespeople in a room and this is what happens,” Gregus said.

With an initial investment of $1.2 million, including bank loans and some of their own money, the partners set up Pacific Breeze, inspired by the urban wineries they’d seen in the U.S. and the so-called “garagist” small winery movement in Europe.

Picking the New Westminster industrial area was a matter of zoning, price and convenience, but Hamilton admits it’s a tough sell when they’re trying to lure people in to sample their products.

“People come into the tasting room all the time and go, ‘Oh wow, where’s the winery?’ And you know what they’re asking is, ‘Where’s the vineyard?’ Of course they think they’re the same thing, but they’re not. The vineyard is where you grow the grapes; the winery is where you do the manufacturing,” Hamilton said.

The partners say having a vineyard can limit the quality of wine they can make, and their approach is to cherry pick the best grapes they can find in Washington, Oregon and California.

“So rather than have it all in one area, we take the best that each area has to offer for that particular variety of grape,” Gregus said.

Harry Hertschag, executive director of the Vancouver International Wine Festival, said the key issue for him is the source of grapes is made clear on the label so consumers know exactly what they’re getting.

“I think it’s great that Pacific Breeze is doing that because they’re telling you what vineyards its coming from and that’s a good thing,” he said.

He also sees a growing movement of having wineries that are closer to their marketplace.

“I think we’re going to see more of these type of urban wineries, which also allow people to visit them, or be able to use those spaces for wine events without having to drive five hours to the Okanagan to have that experience,” he said.

Hamilton and Gregus currently produce 5,000 cases a year, including reds like the winery’s signature cabernet Killer Cab, a zinfandel called Assazin and whites like chardonnay and pinot gris.

Their wines proved an immediate hit, with Pacific Breeze claiming awards at the first competition it entered — in San Francisco in 2005 — before being named winery of the year in 2010 at the InterVin International Wine Awards in Toronto.

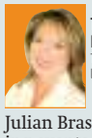
“Virtually everything we put in won best in its class,” Hamilton said. “We were really proud of that.”

“There’s a thousand decisions that go into making wine from grapes to bottle,” Gregus said of the company’s awards. “But one thing that doesn’t change is if you don’t have great fruit you cannot make great wine.”

THE CANADIAN PRESS

The In-Credibility Factor

Name: Julian Brass
City: Toronto and Montreal
Age: 29
Occupation: Founder and publisher of Notable.ca



THE IN-CREDIBILITY FACTOR
Teresa Kruze
life@metronews.ca

Julian Brass started hosting events at a young age and loved bringing people together. After working in Florida and California, he decided to move back to Canada and start Notable.ca, an online resource for connecting young, driven, professional adults with elements relevant to taking their professional and social life to the next level.

During the startup phase, Brass was living in his father’s basement with no income.

Four years later, Notable.ca has a team of 25 people handling more than one million visitors a month.

I knew I was on my way when... we started to have repeat advertisers approaching us to work together again. You see, anyone can schmooze someone and close a deal, but when a reputable client returns, you know that you and your team are doing something right.

Julian Brass. PROVIDED

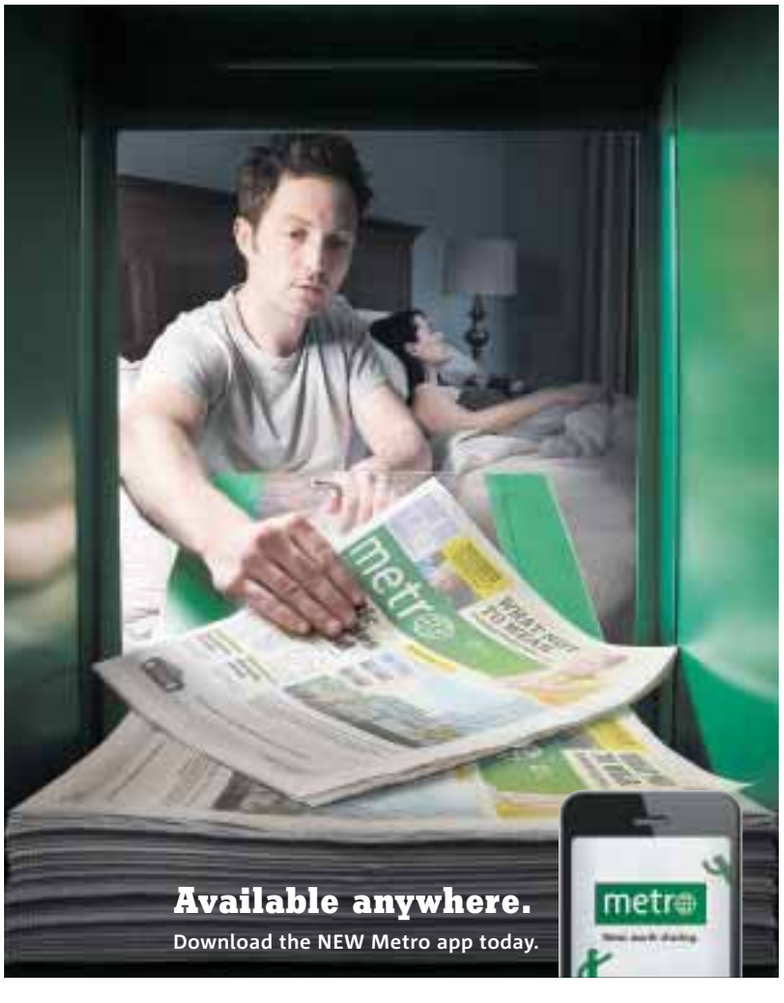
That was an exciting feeling the first time it happened. Now, it’s a regular occurrence.

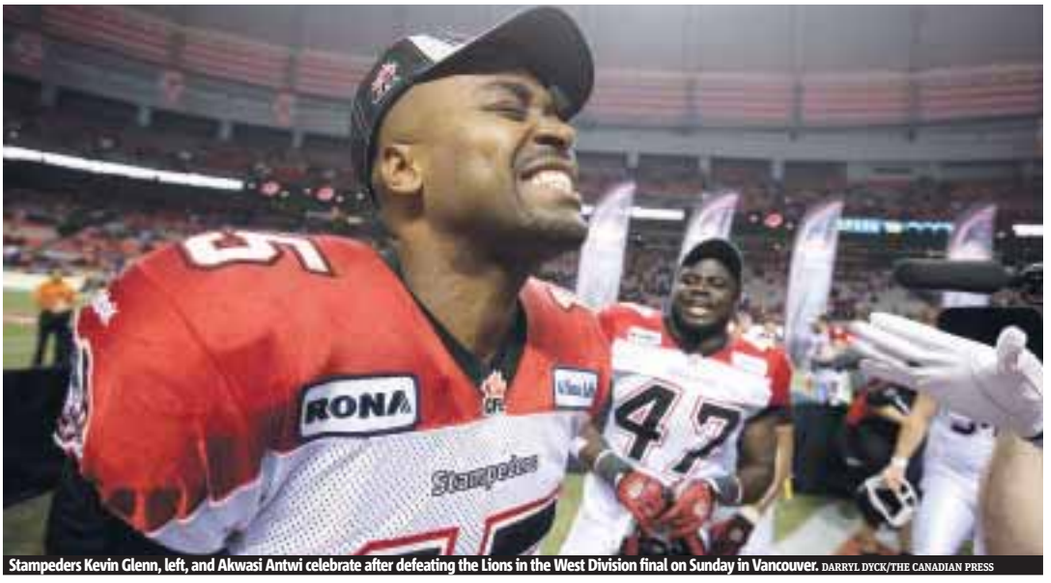
Action Plan

• Cut out all the noise
If you truly want your business to succeed, you have to care more about it than anything else. Once you do, you’ll get clarity and you’ll go after your goal in a much more concerted way. At the end of the day, it’s worth it.

• Set a goal and work backward
Envision yourself five years from now and work backward. That will give you a path. It will change, but it will at least get you moving forward.

• Effort and sacrifice
If it was easy, everyone would do it. For people to accomplish things that others haven’t, you have to put forth a greater effort and sacrifice more than others are willing to give up. I can guarantee it will be worth it in the end and I would give nothing back for the ride I’ve had in the last four years.





Stampeders Kevin Glenn, left, and Akwasi Antwi celebrate after defeating the Lions in the West Division final on Sunday in Vancouver. DARRYL DYCK/THE CANADIAN PRESS

Stamps' Glenn rises to West final test

CFL. Calgary quarterback will get championship chance after years of disappointment

Quoted

"You know this was a game to have an opportunity to play for a championship, and Calgary earned it today."
B.C. Lions quarterback Travis Lulay

At long last, Kevin Glenn is going to get a chance to play in the Grey Cup.

Glenn threw for three touchdown passes as the Calgary Stampeders upset the B.C. Lions 34-29 in the CFL West final on Sunday before a disappointed crowd of 43,216 at BC Place Stadium.

The Stampeders, who finished second in the West Division behind B.C. during the regular season, will play the Toronto Argonauts in the CFL title game next Sunday in Toronto.

The loss denied the Lions a second straight Grey Cup.

Glenn drew the starting quarterback assignment after Drew Tate fractured his forearm in last weekend's West semifinal win over Saskatchewan, ending his season.

Glenn has now earned a Grey Cup berth for the first time in his well-travelled, 12-year CFL career.

"It means a lot to actually be able to actually get a team there and actually be playing in the game," said Glenn.

He was denied the opportunity in 2007 after he led the Winnipeg Blue Bombers to victory in the East final but, ironically, also suffered a fractured arm. That year's Grey Cup, which the Bombers lost to the Saskatchewan Roughriders with Winnipeg backup quarterback Ryan Dinwiddie making his first start of the season, was also in Toronto.

Glenn, a 33-year-old Detroit native, was not expected to play much this season after being acquired in an off-season trade from Hamilton as part of the package for former Calgary QB Henry Burris.

Instead, Glenn played most of the Stampeders' games because Tate suffered an early season shoulder injury, and then was bypassed for the first playoff game.

Marquay McDaniel, Maurice Price and Romby Bryant caught Glenn's touchdown passes. Backup quarterback Bo Levi Mitchell ran for another TD, while kicker Rene Paredes supplied the rest of Calgary's points.

"The line gave me great protection and we were able to get behind their (defensive backs) and throw the ball deep and take some shots, and that's what we'll have to do when we get to Toronto," said Glenn, who completed 15 of 24 pass attempts for 303 yards.

Lions defensive back Korey Banks, on an interception, and receiver Nick Moore on a last-minute reception, scored touchdowns for the hosts.

Paul McCallum provided B.C.'s other points by kicking five field goals.

"It's a disappointing day," said Lions quarterback Travis Lulay, who completed 33 of 46 passes for 274 yards. "You just hate to come up short in the big one." THE CANADIAN PRESS

WHL

Pats come alive in Victoria after lacklustre start

The Regina Pats managed to topple the Victoria Royals after a slow start in Victoria on Saturday night.

After a scoreless first period, the Pats responded to an early Royals goal in the second as Colten Mayor managed to put one past Royals goaltender Patrik Polivka. The Pats went up 2-1 in the final minute of the second period when Adam Rossignol put in a rebound.

In the third period the Pats lost their one-goal lead after Royals defenceman Jordan Fransoo tied it up, but thanks to a give-and-go breakaway, the Pats' Morgan Klimchu put Regina past the Royals 3-2.

Next, the Pats play the Prince George Cougars on Tuesday in Prince George at 9 p.m. CST. METRO

NFL

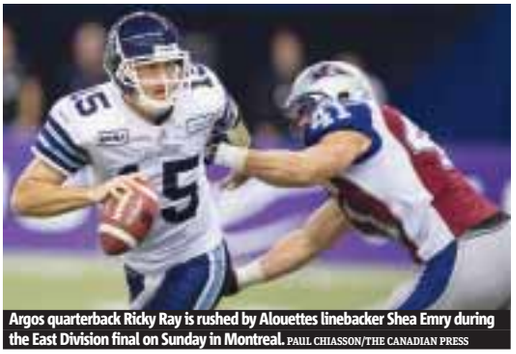
Packers keep streak alive in Motor City

The Green Bay Packers stayed on their roll in Detroit.

Aaron Rodgers threw two touchdown passes, including a 22-yarder to Randall Cobb with 1:55 left, and the Packers came through with a 24-20 win over the Detroit Lions on Sunday for their fifth straight win. THE ASSOCIATED PRESS

Packers Aaron Rodgers, left, and Jermichael Finley celebrate Finley's touchdown on Sunday in Detroit. GETTY IMAGES

Ray guides Argos' ship into Grey Cup game



Argos quarterback Ricky Ray is rushed by Alouettes linebacker Shea Emry during the East Division final on Sunday in Montreal. PAUL CHIASSON/THE CANADIAN PRESS

The Toronto Argonauts acquired Ricky Ray to get them to a Grey Cup game on home turf, and now they can say "mission accomplished."

A masterful Ray passed for 399 yards and dominated the ground game as the Argos stunned the Alouettes 27-20 in the CFL East Division final before 50,122 at Olympic Stadium on Sunday in Montreal.

"He took some big hits and hung in there," coach Scott Milanovich said of his veteran quarterback. "I thought he played a tremendous football game, but that's what he's here for.

"That's why he's the one we wanted."

The Argos will play in the CFL championship game for the first time since 2004, when they won their 15th Grey Cup with a win over B.C. Sunday's game against Calgary will be played in Toronto.

"It's been a long season for us, but we've stuck together and just played it one game at a time," said Ray, acquired last winter in a trade from the Edmonton Eskimos. "Now we've got the opportunity to do what we set out to do."

Ray threw a TD pass to Dontrelle Inman and Chad Kackert scored on a long run. Swayze Waters added three field goals for Toronto, which had lost to Montreal in three previous East final meetings. THE CANADIAN PRESS

By the numbers

30

The Argonauts last won a Grey Cup at home in 1952, lost one in Toronto in 1982 and now they're home again in 2012 — each game exactly 30 years apart.

Horoscopes

♈ Aries
March 21 - April 20
You need to get tough with someone who has let you down once too often. It is becoming a habit and that's not good for either of you, so let them know this is their very last chance — and mean it.

♉ Taurus
April 21 - May 21
Don't hide yourself away. Don't avoid being seen. The planets indicate you are going to be in the spotlight over the next few days, so you might as well get used to the idea. As ideas go, it's not so bad.

♊ Gemini
May 22 - June 21
You must get your affairs in some sort of order. You must bring balance to what even you can see is a chaotic situation. Your time and your energy are precious, so make sure you get the most from them.

♋ Cancer
June 22 - July 23
You may be tempted to push your luck today, and maybe your gamble will pay off – and maybe it won't. Either way you are right to take the risk. Those who play safe rarely get anywhere worth going.

♌ Leo
July 24 - Aug. 23
Let other people rant and rave if it makes them feel good. You know that raising your voice does not get things done. You know that actions speak louder than words. That's why you'll succeed today while others fail.

♍ Virgo
Aug. 24 - Sept. 23
Don't push yourself too hard. In fact, don't push yourself at all. Most likely you will achieve more today by doing less, though as you tend to work harder than most other people "less" is a flexible term.

♎ Libra
Sept. 24 - Oct. 23
Others may say you are not trying hard enough but you must ignore them. What do they know about who you are and what your aims are? If you are happy with your efforts then nothing else matters.

♏ Scorpio
Oct. 24 - Nov. 22
No matter what other people may offer you by way of reward or recognition, if their aims are not in harmony with your own you must turn them down. The fact is you don't need them and most likely never will.

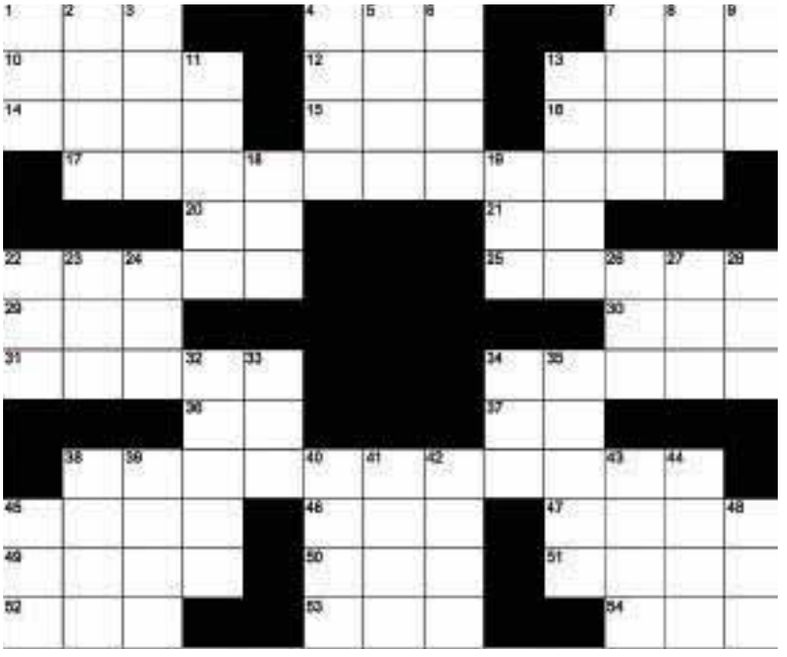
♐ Sagittarius
Nov. 23 - Dec. 21
A friend or family member will suggest something today and your first reaction will be to reject it. That's understandable, but after a bit of reflection you will come to see they are right. Trust their judgment.

♑ Capricorn
Dec. 22 - Jan. 20
Anyone who thinks you are a bit of a cold fish will be proved wrong over the next 24 hours. Yes, it's true, you have been a bit distant of late but now you are ready to get involved and start sharing again.

♒ Aquarius
Jan. 21 - Feb. 19
The Sun remains in the career area of your chart just two more days, so if there is anything you want to accomplish on the work front make an extra special effort now. Don't think about it, just do it.

♓ Pisces
Feb. 20 - March 20
It may be true that all things are possible but they won't just happen as if by magic. The good news is you are highly motivated and determined to prove yourself – and you'll get your chance over the next few days. SALLY BROMPTON

BY BETTY MARTIN



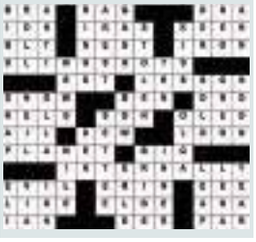
Across

1. Funnyman Carney
4. Banking machine (abbr.)
7. Wager
10. Backside
12. Small inlet
13. Swallow
14. Create
15. — Leoni of The Naked Truth
16. Take home a wage
17. Tangy candies
20. Hospital room (abbr.)
21. Minister's deg.
22. She played Rose on The Golden Girls
25. Estate, for example
29. Fish eggs
30. Dictator Amin
31. Little Orphan —
34. Heard by Perry Mason
36. Not applicable (abbr.)
37. Jr.'s dad
38. Flowery arrangement for the table
45. Roof part
46. Female deer
47. Winglike
49. Always
50. — Got a Secret
51. Canadian Idol judge — Jordan
52. Dancing with the Stars judge Goodman
53. — Aviv
54. Lassie, for one

Down

1. Upper appendage
2. Collect
3. Give or —
4. Johnson of Laugh-In
5. Layer
6. Form of address
7. Whip up an egg
8. Mistakes (abbr.)
9. The Nashville Network (abbr.)
11. Move a fern
13. Looks after
18. Use a crowbar
19. Rhoda's mom
22. Bikini part
23. Time frame
24. Countdown number
26. Bro's sibling
27. Dutch city
28. — the season
32. Inside oneself
33. Dog — Dog
34. —: Crime Scene Investigation
35. Sites
38. Grotto
39. Tied score
40. Revise a manuscript
41. Wander
42. Shed
43. Applaud
44. Go slowly
45. Slippery fish
48. Letters between Q and U

Friday's Crossword



What's online

See today's answers at metronews.ca/answers.

Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Friday's Sudoku

6		9				5		8
	4	7	9		2	3	1	
3								4
			5		3			
	3			6			8	
			7		9			
1								7
	2	6	8		5	1	9	
5		3				4		2

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